

You can prevent falls:

Fact Sheet No. 7

Falls prevention resources

For setting up community programs on falls prevention:

Home Safe Home Road Show: Injury Prevention for Seniors in the Community - Resource Kit.

South Riverdale Community Health Centre and Home Safe Home Committee of Toronto, 1998. Kit includes a facilitator's guide, videos and related publications (including *The Safe Living Guide*). The first half of the facilitator's guide provides information on how to hold an injury prevention workshop. The remaining chapters are information about injuries and injury prevention, including on multi-factoral causes requiring an integrated prevention approach. Statistics and personal stories to demonstrate the problem of injuries are also featured. Some materials are also available in Chinese (Cantonese). When ordering please specify if information in Cantonese is requested.

Available at the cost of \$30.00, including postage (1 copy per request).

Contact: Health Promotion Program Assistant, South Riverdale Community Health Centre, 955 Queen Street East, Toronto, Ontario, M4M 3P3, Tel.: (416)461-1925, Fax: (416)469-3442.

PIED (Programme Intégré d'Équilibre Dynamique) - Procedure Guide.

Under the Direction de la santé publique, Régie régionale de la santé et des services sociaux de Montréal-Centre, PIED aims to reduce three risk factors associated with falls: impaired balance, dangers in the home and unsafe behaviours. The ten-week program includes three components: physical exercise, Tai Chi and information vignettes. This program highly recommends the use of professionals in its implementation. A community animation guide is available for \$20. An evaluation was conducted and the details are available in a report targeted to professionals and academics for \$12, while a summary report of the evaluation is available free on the Internet.

For more information on PIED, please contact: Yvonne Robitaille and Francine Trickey, Direction de la santé publique de Montréal-Centre, 1301 Sherbrooke Est, Montréal (Québec), H2L 1M3, Tel.: (514) 528-2400, ext. 3646. Web site: <http://www.santepub-mtl.qc.ca/Aines/accueil.html>

You can prevent falls!

SAYGO (Steady As You Go).

Population and Research, Capital Health Region, Edmonton, Alberta. A one-year trial project was conducted in both rural and urban areas of Alberta. It concentrates on leg strength and balance improvements. The program consists of one home visit, quarterly meetings and Tai Chi exercises. The handbook can be used by non-professionals to develop a local program. The French version of the program is called: *De pied ferme*.

Available at the cost of \$8.00 for the handbook and \$65.00 for the Agency and Facilitator's Manual. Contact: Ellie Robson, Capital Health Authority, 500, 10216-124 Street, Edmonton, Alberta, T5N 4A3, Tel.: (780) 413-7954, Fax (780) 482-4194.

Taking S.T.E.P.S: Modifying Pedestrian Environments to Reduce the Risk of Missteps and Falls.

Manual developed by the University of Victoria, British Columbia to identify and help address the safety needs of pedestrians at risk of injury from missteps, falls or collisions with objects in public places. Taken from the findings of Seniors and Persons with Disabilities Task Force for Environments which Promote Safety (STEPS), the contents include an overview of the personal and environmental factors that contribute to the risk of falling; an overview of the philosophy and strategies underlying the use of risk management approaches (e.g., strategies for soliciting public input and improving communications between stakeholders); an outline of specific environmental hazards which cause people to fall in public places and solutions for reducing or eliminating the problem.

Available at \$15.00 plus \$3.00 postage and handling.

Contact: Dr. Elaine M. Gallagher, School of Nursing, University of Victoria, P.O. Box 1700, Victoria, British Columbia, V8W 2Y2, Tel.: (250)721-7966, Fax (250)721-6231. E-mail: egallagh@HSD.UVIC.ca

Community Action and Injury Prevention: A Guide.

This guide, published by the Ontario Public Health Association in 1998, provides support to individuals and their community groups who want to take action to prevent injury. It is organized into a series of 6 publications covering topics from community action to injury prevention.

The Introduction and Injury Prevention Primer are available on the following website: <http://www.opha.on.ca/publications/intro&primer.pdf>; Action Steps at <http://www.opha.on.ca/publications.actionsteps.pdf>; and Prevention of Falls in the Elderly Population at <http://www.opha.on.ca/publications/resource-98.pdf>. Please note that the guide is only available in PDF format on the web site. For additional information about publications, contact Kathleen Orth at keorth@opha.on.ca or telephone (416) 367-3313, ext. 22.

You Can Do It! A Community Guide for Injury Prevention.

Injury Awareness and Prevention Centre, University of Alberta Hospitals, 1992. This guide describes the steps for developing an injury prevention program. A discussion of the steps provides the reader with a comprehensive understanding of injury program development, implementation and evaluation.

This publication is available at a cost of \$10.00. Contact: University of Alberta, Alberta Centre for Injury Control & Research, 4075-RTF, 8308-114 Street, Edmonton, Alberta, T6G 2E1, Tel.: (780) 492-6019, Fax: (780) 492-7154. E-mail: acicr@ualberta.ca

A Tool Kit to Prevent Senior Falls, 1999 (Cat. 099-6393).

U.S. Centres for Disease Control and Prevention. Materials designed for fall prevention programs, not for individual use.

To order, visit the CDC Web site: <http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm>

Best Practice Programs for Injury Prevention.

Ontario Injury Prevention Resource Centre: Section C (pp. 47-57) reports on a variety of projects under the supervision of "Frailty & Injuries: Cooperative Studies of Intervention Techniques" (FICSIT).

Contact: Ontario Injury Prevention Resource Centre, Tel.: (416) 367-3313, 1-800-267-6817. E-mail: injury@web.net

A Best Practices Guide for the Prevention of Falls Among Seniors Living in the Community.

Prepared for the officials of the federal, provincial, territorial Ministers Responsible for Seniors, the Guide presents the findings of a systematic review of falls prevention programs and focuses on thirty-four studies that evaluated the effectiveness of falls prevention strategies for community-dwelling seniors. A table of resources and an evaluation guide to assist programmers in identifying and measuring the goals, process and impact of their falls prevention initiatives are included.

Available free of charge from the Division of Aging and Seniors, Health Canada, Address Locator: 1908A1, Ottawa, Ontario, K1A 1B4, Tel.: (613) 952-7606, Fax: (613) 957-9938. E-mail: seniors@hc-sc.gc.ca To download from the Web site, visit <http://www.hc-sc.gc.ca/seniors-aines/>

Inventory of Canadian Programs for the Prevention of Falls among Seniors Living in the Community.

A national inventory of Canadian programs designed to reduce falls or fall-related injuries among community-dwelling seniors. Prepared for the officials of the federal, provincial, territorial Ministers Responsible for Seniors, this inventory is a first step towards the development of more efficient falls prevention programs. The Inventory is a companion document to *A Best Practices Guide for the Prevention of Falls Among Seniors Living in the Community*.

Available free of charge from the Division of Aging and Seniors. (See above.)

For individual seniors:

The Safe Living Guide.

Health Canada's well-illustrated booklet presents a thorough guide to home safety for seniors and a few personal stories of seniors who succeeded in increasing their safety and enjoyment of life.

Available free of charge from the Division of Aging and Seniors. (See above.)

Bruno and Alice.

This booklet presents twelve short stories and amusing illustrations telling the tale (and mishaps) of two active seniors whose neglect of home safety almost causes them to miss their rendez-vous with love. The stories offer insight into some of the personal preventive measures seniors can take to make their environment safer and prevent injuries.

Available free of charge from the Division of Aging and Seniors. (See above.)

Falls Prevention Guide for Seniors - Shedding Light on Falls.

North York Coalition for Seniors' Falls Prevention, in celebration of the International Year of Older Persons 1999. Divided into sections outlining a different risk for falling and what you can do about it.

Contact (416) 756-5050. E-mail: falls@nygh.on.ca

Check for Safety: A Home Falls Prevention Checklist for Older Adults.

(Cat. 099-6156). U.S. Centres for Disease Control and Prevention.

Available on the CDC web site:

<http://www.cdc.gov/ncipc/pub-res/toolkit/checkforsafety.htm>

For researchers and policy makers:

Enhancing Safety and Security for Canadian Seniors - Setting the Stage for Action.

Approved by the Federal/Provincial/Territorial Ministers Responsible for Seniors, September 1999, the report focuses on safety and security issues for older Canadians (injuries, elder abuse and crime). It can be used as a planning document and evaluation framework for governments, organizations and local authorities to assess their capacity to promote safety and security for seniors.

The document is accessible through Health Canada's Division of Aging and Seniors web site: http://www.hc-sc.gc.ca/seniors-aines/pubs/enhancing/intro_e.htm

Profile of Community Projects, 1995-96.

Community Injury Prevention Program. See pp. 35-53. Reports on a number of Ontario-based community programs on injury reduction.

Contact: Ontario Injury Prevention Resource Centre, Tel.: (416) 367-3313, 1-800-267-6817. E-mail: injury@web.net

Directory of Substance Abuse & Injury Prevention Contacts in Public Health.

Ontario Injury Prevention Resource Centre, February 1999.

Contact: Ontario Injury Prevention Resource Centre. See above.

World Wide Resources - Injury Prevention Programs and Materials from Canadian and International Agencies.

Ontario Public Health Association lists all known programs up to 1998, with contacts and summaries of the design and aims of each. See pp.31-42.

Contact: Kathleen Orth at keorth@opha.on.ca; Tel.: (416) 367-3313. ext 22.

For evaluating your program:

Injury Prevention Program Evaluation Manual.

BC Injury Research and Prevention Unit. July 2001. This book is designed to help communities understand the process involved in planning, designing and implementing evaluation plans for injury prevention programs.

Available free of charge from the BC Injury Research and Prevention Unit, L408-4408 Oak Street, Vancouver, British Columbia, V6H 3V4, Tel.: (604) 875-3776, Fax: (604) 875-3569. Web site: <http://www.injuryresearch.bc.ca>

Demonstrating Your Program's Worth. A Primer on Evaluation for Programs to Prevent Unintentional Injury.

Department of Health and Human Services, [U.S.] Centres for Disease Control and Prevention, National Centre for Injury Prevention and Control, Revised March 2000. This book is designed to help programs staff understand the processes involved in planning, designing and implementing evaluation of programs to prevent unintentional injuries.

To order on the Web: <http://www.cdc.gov/ncipc/pub-res/demonstr.htm>

OTHER WEB SITES OF INTEREST:

Health Canada, Division of Aging and Seniors: programs and publications relating to the Canadian senior population: <http://www.hc-sc.gc.ca/seniors-aines/index.htm>

Canadian Health Network: <http://www.canadian-health-network.ca/1seniors.html>

Stepsafe, a falls prevention program produced by the Kingston/Frontenac/Lennox & Addington Falls Prevention Coalition: <http://www.stepsafe.com/>

University of Ottawa; examples of academic papers on falls available through this site:

Community Action for Fall Prevention; Falls in Later Life

Exploring the Views and Experiences of Lay Community Organizers

Falls in Later Life

Stair Falls Among Seniors: Hazards, Safety Recommendations and Building Codes

The Use of Assistive Devices in Fall Prevention Among Community-Living Seniors:

http://www.uottawa.ca/academic/med/epid/chru_eng.htm

University of Toronto, Centre for Studies in Aging:

<http://www.sunnybrook.utoronto.ca/~csia/>

Research on Falls and Postural Control:

<http://www.sunnybrook.utoronto.ca/~csia/Research/falls&post.htm>

Falls Prevention Guide for Seniors:

<http://www.sunnybrook.utoronto.ca/~csia/Falls&Mobility/NYCSFP%20Guide.pdf>

University of Alberta, Alberta Centre for Injury Control and Research:

<http://www.med.ualberta.ca/acicr/>

SMARTRISK: <http://www.smartrisk.ca>

Safe Communities: <http://www.safecommunities.ca>

Canadian Medical Association, and the CMA Journal:

<http://www.cma.ca/>

<http://www.cma.ca/cmaj/>

Safe USA is a public-private partnership aimed at reducing fall-related injuries and deaths in the United States. The web site offers suggestions for seniors to make their environments safer from risk of falls.

<http://www.cdc.gov/safeusa/olderfalls.htm>

Please feel free to photocopy this Fact Sheet!